

WHAT IS CLAIMED IS:

1. A stabilizer for implanting in the disk space between adjacent vertebrae of a patient to stabilize the vertebrae comprising:

an elongate implant having a substantially rectangular cross-sectional shape;

a lock having a bearing surface formed thereon;

a lock for mounting to one end of said implant with the bearing surface of said lock contacting an adjacent vertebrae to resist rotation of said implant in the disk space; and

said implant being provided with an insert biased away from said implant and into engagement with an adjacent vertebra.

2. A method of providing cushioning between an implant in the intervertebral disk space and the vertebrae adjacent the disk space comprising the steps of:

inserting an elongate implant into the intervertebral disk space with the sides of the implant of minimal height contacting the adjacent vertebrae;

biasing a portion of the implant away from the implant and into contact with the adjacent vertebrae; and

restraining the implant against further rotation.